NO BOY BANDS
LIVE 88.5 fm

GIRLS' TAKE

ALLISON WILLIAMS LIKES TO FEEL LIKE A PRINCESS, JEMIMA KIRKE DRESSES SO SHE'S NOT NAKED PAGE 9

Weather your cold.

HALLS
We'll all feel better.

For the temporary relief of cough.
Always read and follow the label.

OTTAWA metro®

Monday, January 21, 2013

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

POMP IT UP

U.S. President Barack Obama is officially sworn in at the White House during the 57th Presidential Inauguration in Washington, D.C., on Sunday. For more on the inauguration, see page 4. BRENDAN SMIALOWSKI/THE ASSOCIATED PRESS/POOL

Car found with body

Ottawa River.
Submerged Dodge thought to belong to missing mom and son; recovery efforts expected to resume Monday

JOE LOFARO
joe.lofaro@metronews.ca

Ottawa police say a diving team in the Ottawa River found a body inside a submerged car which they believe belongs to a Fitzroy Harbor mom and son who went missing Thursday.

Staff Sgt. Pat McCaffrey said the car divers found near Quyon Ferry Saturday evening matches the black 2013 Dodge Dart belonging to Donna Graves, 61, and her son, Daron, 29.

The mother and son were last seen in Arnprior and believed to be driving to Ottawa.

Police have not yet identified the body.

McCaffrey said the car was upside down at a considerable amount in water with only six inches of visibility.

"From what I'm led to believe … at least one of the windows was down a little bit or broken," said McCaffrey, adding that it is not known if it was on the driver's or passenger's side of the car.

The river's frigid temperatures coupled with a strong underwater current are making the recovery difficult for the divers, McCaffrey said. The depth is also an issue for divers as well.

"They can only spend a certain amount of time at the depth that they're at and then you have to come up for a rest period. So we want to do the recovery in a safe fashion as possible," he said.

The recovery team planned to chainsaw through the ice in order to hook up the car to a crane with large cables.

"It's a fairly technical and challenging operation," said McCaffrey.

Meanwhile, the father and husband of the two who went missing is on standby as he waits for police to recover the vehicle. McCaffrey said a crisis team and counsellors are assisting him.

LASIK MD VISION

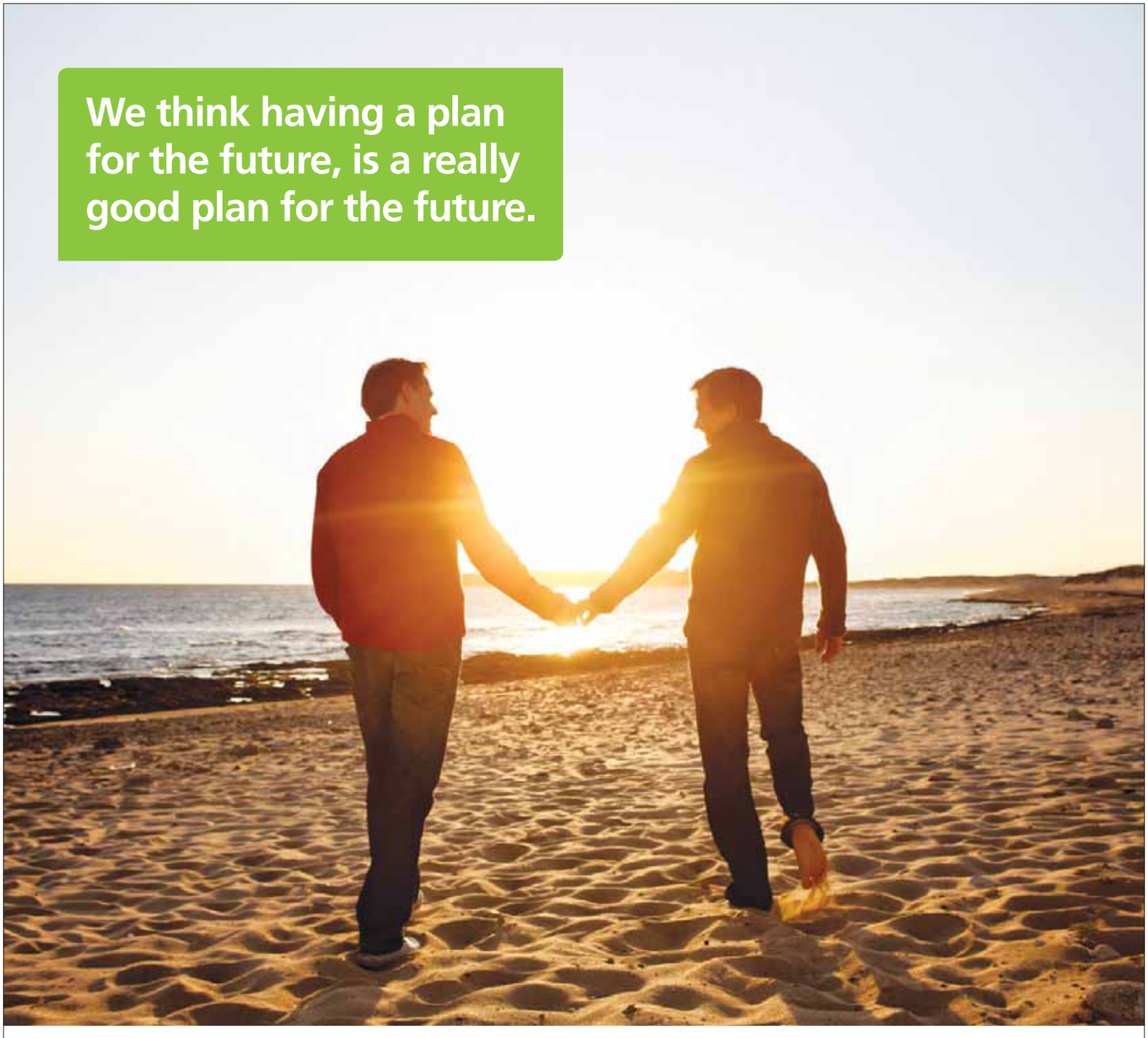
FREE Consultation
1-877-769-3030 • lasikmd.com

LASIK NOW, PAY LATER†
$0 $0 0%
OFFER EXTENDED!
DOWN PAYMENTS INTEREST

DON'T PAY FOR 1 FULL YEAR!

LASER VISION CORRECTION
Starting at
$490/eye*
IntraLase SBK Available

†Subject to Desjardins Card Services credit approval. Patients must book their procedure by February 17, 2013 and complete their procedure by March 31, 2013 to be eligible. Applicable to Ottawa LASIK Partners only. Not to be combined with any other offer. *Prices are subject to change without prior notice and vary based on prescription strength. Other conditions may apply.



Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

Visit tdcanadatrust.com/yourretirement or a branch today.

®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

Whiteout conditions force closure of roads

Perfect storm. Drivers forced to deal with snow, low visibility and flash-freeze conditions on Sunday

JOE LOFARO
joe.lofaro@metronews.ca

While rapidly-dropping temperatures might help freeze up more portions of the Rideau Canal Skateway, whiteout conditions wreaked havoc on Ottawa's roads Sunday and forced police to shut down a large portion of the 417.

Due to "adverse" weather conditions, the OPP closed the 417 from Walkley Road to the Quebec border in north Glengarry Township around 1:30 p.m. and asked motorists to avoid the area.

OPP said they dealt with a number of collisions Sunday, but couldn't say exactly how many. The highway was reopened around 5 p.m.

The overnight temperature Saturday was above zero, but it dropped Sunday morning and into the afternoon to a high in the negative single-digits. The wind chill made it feel closer to -20 C, according to Environment Canada.

"We are definitely urging drivers to stay off the road if they can," said Peter Robertson with the OPP.

Strong, blowing snow, low visibility, and flash-freeze conditions prompted Ottawa police to warn drivers to exercise "extreme caution" on roadways.

Just after 2 p.m., Ottawa police closed Leitrim Road between Bowesville Road and Limebank Road.

A few minutes earlier, police also closed Eagleson Road between Fallowfield Road and Perth Street for just over an hour.

As the whiteout rolled through the city, throngs of people skated — or at least tried to skate — along the Rideau Canal Skateway in the afternoon. Parts of the 2.2-kilometre stretch of the canal, which opened to the public on Friday, was covered in bumps and patches of snow that had blown over.

Environment Canada is forecasting below-normal highs and lows for most of the week in Ottawa. Monday's high is forecasted at -15 C with a 40 per cent chance of flurries in the evening. By the evening the temperature will dip to -21 C, but the wind chill will make it feel like -27 C.

Blown away on the Canal Skateway

Bundled-up skaters enjoy a section of the Rideau Canal Skateway Sunday afternoon despite frigid temperatures and a wind chill which made it feel like –20 C, according to Environment Canada.

JOE LOFARO/METRO

Stable condition

Man hit by car, thrown 5–10 feet

A 62-year-old man was struck by a car at the intersection of Gladstone and Bank Street Sunday.

The man was hit at approximately 50 km/h and thrown five to 10 feet, paramedics said.

He sustained a head injury but was stabilized en route to hospital, where the man is listed in serious but stable condition.

METRO

Presto passes ready, with kinks

Commuters were eager to get their hands on the long-awaited Presto e-passes for OC Transpo buses Friday morning, but many said the system still has kinks to iron out.

"I will look and see what happens," said Zosimo Abejide. He was picking up four cards for his family and one for himself at the Rideau Centre where OC Transpo staff started giving out a portion of the 10,000 cards being released to customers Friday at 8:30 a.m.

Some who wanted to get one of the 10,000 cards being released online ran into some hiccups.

OC Transpo said the cards would be available for free online, but when users tried to order a card, they were told it would cost $10 to load with an extra $6 handling fee.

Sunday evening the City of Ottawa put out a news advisory with tips for commuters with extra information in an apparent move to clear up confusion.

GRAHAM LANKTREE/METRO

Need to know

- You need to load money (e-purse) or a bus pass on your card to use it to ride.
- If you load your card with money at an OC Transpo Sales and Information Centre, your card will be ready for use immediately.
- If you load a pass or money online, you must wait 24 to 48 hours for the purchase to be uploaded.
- If you ordered a card online, you need to wait 5 to 7 days for delivery.
- More information is available at prestocard.ca or at the Presto Customer Service Call Centre at 1-877-378-6123.

‘Numerous’ bodies found during search of gas plant

Algeria kidnapping. Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found “numerous” new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation’s sensitivity, said the bodies were badly disfigured and difficult to identify.

“The bodies could be either Algerian or foreign hostages,” he said.

Algerian special forces stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria’s chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio’s remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway’s Statoil, said the entire refinery had been mined.

“They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages,” said Communications Minister Mohamed Said, speaking in a state radio interview.

The American government has warned that there are credible threats of more kidnapping attempts on Westerners in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final operation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

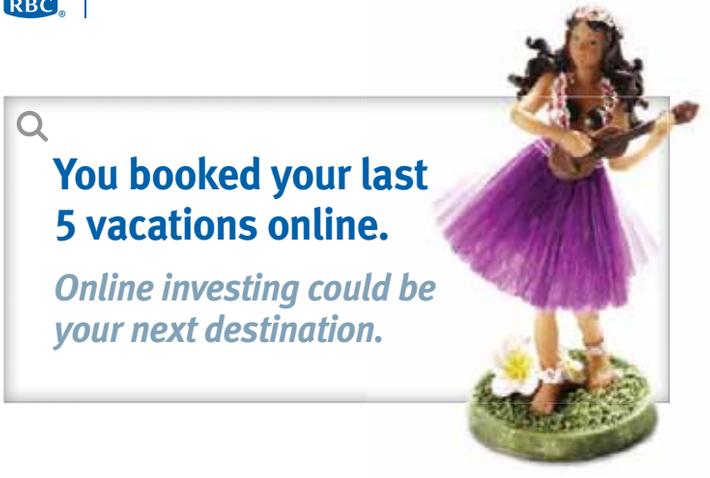
The terrorist attack on an Algerian natural gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida’s branch in Algeria retreated into a Sahara no-man’s land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya’s 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa.

THE ASSOCIATED PRESS

RBC Direct Investing



RBC Direct Investing™
It’s like online shopping for investments.
rbc.com/trade

#1 in client service five years in a row.[1]

RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. * Member – Canadian Investor Protection Fund. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2013. All rights reserved. [1] RBC Direct Investing was ranked number one by Dalbar Inc. in 2007, 2008, 2009, 2010 and 2011. The annual Dalbar Direct Brokerage Service Award rankings are based on evaluations made over the calendar year, measuring a company’s quality of performance in product knowledge, professionalism and their ability to provide value-added service.

Obama sworn in to 2nd term

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future, but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country’s deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president’s term were put off to Monday, which coincides this year with the celebration of civil-rights leader Martin Luther King Jr.’s birthday.

THE ASSOCIATED PRESS

U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWNING/THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

A 15-year-old boy remained in custody Sunday night as detectives tried to piece together what led to the shooting of five people, including three young children, who were found dead in a New Mexico home.

The teenager was arrested on murder and other charges in connection with the shootings, which happened Saturday night at the home in a rural area southwest of downtown Albuquerque, said Lt. Sid Covington, a sheriff’s spokesman.

Detectives did not immediately release the victims’ names, but word of the shootings travelled quickly through the law enforcement community and officials began offering their condolences for Greg Griego, a spiritual leader known for his work with firefighters and the 13 years he spent as a volunteer chaplain at the county jail.

“Chaplin Griego was a dedicated professional that passionately served his fellow man and the firefighters of this community,” Fire Chief James Breen said in a statement. “His calming spirit and gentle nature will be greatly missed.”

Jail Chief Ramon Rustin said Griego was instrumental in the creation of the Metropolitan Detention Center’s chaplain program, and worked to get inmates integrated back into the community.

THE ASSOCIATED PRESS

Austrians vote to keep conscript army

Shot down. The proposed reform foresaw 8,500 career soldiers, 9,300 militia members and more focus on terrorism

Austrian soldiers stand in front of the chancellery in Vienna as Austrians prepared to participate in an army referendum Sunday.
DAPD, HANS PUNZ/THE ASSOCIATED PRESS

Austrians voted overwhelmingly Sunday to retain their conscript army, with exit poll projections showing around 60 per cent rejecting the proposed change to a force of professional soldiers.

The wide margin of victory for those backing the status quo came as a surprise, for pre-election surveys had that side ahead by only a few percentage points.

Two polling organizations — ARGE Wahlen and SORA — showed only about 40 per cent of those who cast ballots looking to change the system. They also showed a relatively high turnout in rural areas — up to 60 per cent in many regions — compared to Vienna, with 40 per cent.

Overall turnout was projected at close to 50 per cent.

With conscripts frequently recruited to help prevent natural catastrophes — or clean up afterward — rural voters in this Alpine nation were clearly receptive to arguments that a professional army would not be filling sandbags to prevent flooding or shovelling out basements after mudslides.

They also heeded warnings that changing the system would hit Austria's social sector, which depends on conscientious objectors who serve as ambulance drivers, attendants at senior citizens' homes and in other community jobs that are hard to fill because of poor pay.

While formally non-political, the referendum reflected preferences between Austria's two uneasy coalition partners and looked ahead to the national election in September.

Austria's armed forces now consist of about 35,000 troops — 14,000 professionals and the rest conscripts who serve for six months — as well as a 30,000-strong part-time militia. THE ASSOCIATED PRESS

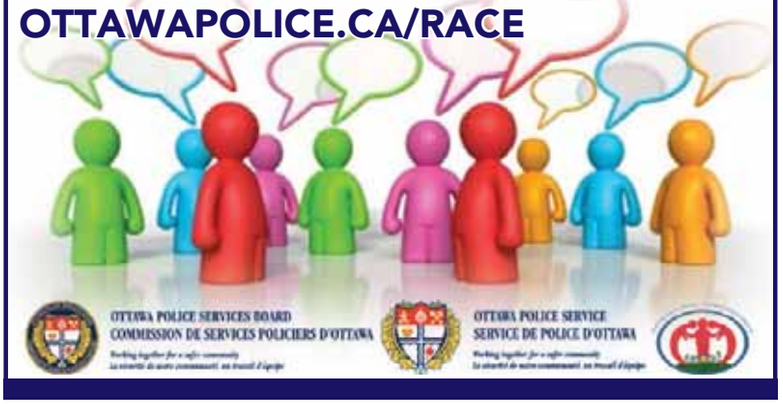
~ LET'S CHAT RACE: HAVE YOUR SAY ~ PARLONS-EN DE LA RACE : EXPRIMEZ-VOUS ~

Join us for a public consultation on:
Joignez-vous à notre séance de consultation publique au sujet de :

Traffic Stop Race Data Collection Project (TSRDCP)
Thursday, January 31, 2013
6:15 PM – 9:00 PM
Clark Hall, RA Centre
2451 Riverside Drive
Get involved, provide feedback, and assist in the development of the project.

Projet de collecte de données fondées sur la race aux contrôles routiers (PCDFRCR)
Le jeudi 31 janvier, 2013
18 h 15 à 21 h
Salle Clark, Centre RA
2451, promenade Riverside
Impliquez vous, faites nous part de vos observations et participez à la réalisation du projet.

Register today at
Inscrivez-vous dès aujourd'hui sur
OTTAWAPOLICE.CA/RACE



OTTAWA POLICE SERVICES BOARD
COMMISSION DE SERVICES POLICIERS D'OTTAWA
OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA

HEART & STROKE LOTTERY

EARLY BIRD DEADLINE
FAST APPROACHING!
80% SOLD

HOW WOULD YOU SPEND $300,000?

EARLY BIRD DEADLINE FEB. 1, 2013

1 in 3* BEST ODDS EVER

TOP GRAND PRIZE
$2 MILLION
IT'S LIKE $100,000 A YEAR FOR 20 YEARS*

10 GRAND PRIZES
CASH, CAR AND TRIP GRAND PRIZES

MILLIONS IN CARS, ELECTRONICS AND MORE!

TICKETS $100 EACH 3 FOR $250
1-888-551-1111 Ext. 700
HEART & STROKE FOUNDATION

ORDER ONLINE www.heartandstroke.ca/lottery

100% OF NET PROCEEDS SUPPORT HEART AND STROKE RESEARCH THAT SAVES LIVES.

BROCHURES AVAILABLE AT: ST. CLAIR · CRAIG TRAVEL · Scotiabank

‡*★○†↑▲ Please refer to brochure or website for full rules and regulations. *All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. ‡Tickets are only valid for the Winter 2012/2013 Heart&Stroke Lottery. Only 250,000 tickets are available. 71,654 prizes valued at $10,910,671 (including all taxes and freight) will be awarded. ★Cash prize of $2 million provided as a lump sum. Early Bonus Deadline is Midnight Jan. 11, 2013; Draw will take place at 9 am Jan. 30, 2013. Early Bird Deadline is Midnight Feb. 1, 2013; Draw will take place at 9 am Feb. 15, 2013. Final Sales Deadline is Midnight Feb. 5, 2013; Final Draws begin 9:30 am Feb. 15 until complete. All draws are conducted under the supervision of Miratel Solutions Inc. at 2501 Steeles Ave. W., Toronto. The 10 Grand Prize Draws will take place at Global TV, 81 Barber Greene Rd., Toronto, at 9 am Feb. 27, 2013. ™Heart&Stroke Lottery and Heart & Stroke Foundation are trademarks of the Heart and Stroke Foundation of Canada. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario. © Bank of Canada: bank note images used and altered with permission. Lottery Licence #: 4847

Liberal candidates keep it civil at debate

Federal race. Need to rebuild the party tempers infighting

EMILY JACKSON
Metro in Vancouver

The gloves remained on at the Liberal leadership debate Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and occasionally the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as they debated electoral reform, Aboriginal issues, housing and the environment in front of more than 900 at a Vancouver hotel.

Perceived frontrunner MP Justin Trudeau even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without one-time co-operation with the NDP.

Murray was the sole contender to support running either a Liberal or a NDP candidate in ridings where they could split the vote such as Calgary Centre.

Yet Karen McCrimmon, a retired lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted Martha Hall Findlay and Deborah Coyne to say they would repeal the Indian Act.

Four more debates will be held before the party chooses a leader on April 14.

Total warfare

"Canada is too important to let Stephen Harper win."

Vancouver MP Joyce Murray, remarking that co-operation with the NDP may be necessary to stop a 2015 Tory victory.

Federal candidates Justin Trudeau, left, Martin Cauchon, Karen McCrimmon, Joyce Murray, Martha Hall Findlay, George Takach, Deborah Coyne, David Bertschi and Marc Garneau. PHYLICIA TORREVILLAS/METRO

RBC Royal Bank

Great mortgage rates.
Plus more.

2.99%
3-Year Fixed Rate[1]

and great rates in between

3.59%
7-Year Fixed Rate[1]

Short-term flexibility, long-term stability and everything in between.

- Up to 120 day rate guarantee[1]
- We'll cover your switching costs[2]
- Flexible pre-payment options
- Home Equity Credit Line at Prime + 1/2% (Prime + 1% at other banks)[3]
- Canada's largest mortgage specialist team – advice that comes to you

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

[1] These rates are special discounted rates below our posted rate and are only available on mortgage applications that fund within 120 days of the start date of the application. Terms and conditions apply. Not available on construction draw mortgages. These rate offers may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a $200,000 mortgage and a mortgage processing fee of $250. Fee may vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%. [2] We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. [3] The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Justice system. Tougher pardon laws lead ex-cons to seek out royal mercy

New restrictions on the granting of criminal record suspensions, or pardons, are causing more former convicts to seek clemency under the rarely used Royal Prerogative of Mercy, according to the Parole Board of Canada.

In fact, the federal agency has posted a notice on its website to discourage applications, which are "only granted in exceptional circumstances."

"If you are ineligible for a record suspension, or the board has refused to order a record suspension in your case, it is highly unlikely that you will qualify under RPM," it states.

There are currently 79 applications in the pipeline, according to Parole Board spokeswoman Caroline Douglas.

That's up from 58 in the system last March, when the board's 2011-12 annual report noted it more typically handles about 20 applications a year.

The Parole Board makes a direct link between the flood of mercy pleas and new restrictions in the federal pardon system enacted by the Conservative government.

An omnibus crime bill passed last spring put pardons out of reach for many former offenders, including prohibiting applications by those convicted of child-sex offences and by anyone with more than three convictions for indictable offences.

The new law also doubled the crime-free waiting period before an offender can apply to 10 years for indictable convictions and to five years for summary offences, which are less serious. At the same time, Ottawa quadrupled the application fee to $631.

According to the Parole Board, the Royal Prerogative of Mercy is "a largely unfettered, discretionary power vested in the Governor General," who in turn is directed by the federal cabinet.

"The benefit of the program addresses instances of substantial injustice and instances of undue hardship," according to the Parole Board's annual report.

Prior to two Wheat Board protesters that were granted clemency by Prime Minister Stephen Harper last August, there were two individuals in 2011, none in 2010, one in 2009, none in 2008, two in 2007 and one in 2006.

THE CANADIAN PRESS

Canadian in Mexico

Judge to rule on Gadhafi-son smuggling case

The family of a Canadian woman accused of trying to smuggle the son of late Libyan dictator Moammar Gadhafi into Mexico says her case is approaching a crucial turning point.

Cynthia Vanier, originally from Mount Forest, Ont., has been sitting in a Mexico prison for more than a year. She is currently waiting to make her closing statement before a judge, who will then decide whether to send the case to trial or drop the charges against her. THE CANADIAN PRESS

First Nations

Sale of sacred masks prompts call for law reform

The sale of two cedar masks considered culturally sacred to a Vancouver Island First Nations family has prompted a university instructor to ask the province to change the law affecting cultural property.

The masks were more than 100 years old and depicted male and female serpents.

Family members in Port Alberni, B.C., say they plan to strip the woman who sold the "hinkeets" of her royal title and responsibilities at an upcoming ceremony. THE CANADIAN PRESS

Celebs flash some cheek for views on Keek

Social media. Canadian video micro-blogging service attracts bevy of Kardashians — not to mention JWoww's butt

A Canadian social media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk. "It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner. They all are among the most viewed and followed users on Keek, which means "a peek or glance" according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni (JWoww) Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's Show, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

Quick! To the $4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the '60s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for $4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

Canada's not ready for CFLs, report says

Canada's mercury-waste facilities are either patchwork or non-existent as millions of light bulbs containing the highly toxic chemical are set to flood the marketplace.

That's a key finding of a report commissioned by Environment Canada in the run-up to a major change in the way Canadians light their homes.

Beginning next January, a new regulation will effectively ban the sale of standard incandescent bulbs in favour of energy-efficient versions, most of which contain mercury.

So-called compact fluorescent lamps, or CFLs, will also enter the waste stream as they break or burn out, many destined for landfills where their harmful mercury can get into the water.

"Currently municipalities do not store mercury — most of it ends up in landfill," says a report commissioned from Summerhill Impact, an environmental firm in Toronto.

The Aug. 31 study also found no national or industry-wide standards for the handling of mercury waste.

THE CANADIAN PRESS

ARE YOU AN
INTERNATIONALLY
TRAINED ENGINEER?
Examination Skills Preparation Program
for the Professional Practice Exam (PPE),
as administered by Professional Engineers Ontario (PEO)
This program includes topics in engineering, legal and ethical practices in the Ontario workplace, as well as techniques and strategies for internationally trained engineers to successfully write the PPE.
Course Details:
January 30 – March 11, 2013
Monday and Wednesday evenings • Time: 6:15pm – 9:15pm
Register now at: www.ospe.on.ca/event/ESL117
Course Fee: $99 + HST
Course fee includes all required textbooks, course manual and one year OSPE membership.
Questions about the course? Contact us at 1-866-763-1654 ext.238 or avig@ospe.on.ca
ONTARIO SOCIETY OF PROFESSIONAL ENGINEERS
Funded by:
Ontario
Canada
In partnership with:
WORLD SKILLS

TAP, TAP ... IS THIS THING ON? TAKING THE PRESTO TEST

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

It might have been the repeated delays. The Presto fare card's much-discussed, much-postponed debut, after all, was originally expected in 2010, and bus riders have been idly gazing at those green on-board terminals since spring. This may have helped generate some pent-up demand.

Or maybe the prospect of lining up one last time to snag a card and avoid forever after that hated monthly pass renewal queue appealed to some. Others may just have been keen to save the six bucks a card is to cost when Presto's fully operational on (fingers crossed!) June 1.

Whatever their reasons, a mob of Presto test pilots mustered Friday, both online and at ticket offices, snapping up pretty much all of the 10,000 free cards OC Transpo had intended to distribute over two weeks. (If you missed out, they'll be doling out another thousand cards each at Baseline station on Tuesday and Fallowfield station Thursday, starting at 7 a.m.)

Wheels in motion

The rush was a welcome demonstration of rider interest in a bus service that this week reported its second consecutive quarterly ridership decline, down 4.4 per cent from July to September compared to the same period in 2011.

The rush was a welcome demonstration of rider interest in a bus service that this week reported its second consecutive quarterly ridership decline, down 4.4 per cent from July to September compared to the same period in 2011.

I handed over my last two bus tickets (ever?) for a Friday morning ride to St. Laurent station and from there to the paperless future of transit. No more curb-side fumbling with gloves in my teeth or under my arm to fish the little purple devils out of my wallet, but also no more transit charity, handing a couple of tickets to a fellow rider in need.

(Presto permits an emergency ride on "overdraft" for those whose cards run dry at an inconvenient moment, but when you load the card up again, you'll pay for the supposed freebie, plus a 25-cent service charge.)

Paper-free travel was postponed one last time at the station, where in order to get our cards we were obliged to fill out old-fashioned pink forms with pens flowing sluggishly in the morning cold.

Some confusion was evident among staff. The personable rep handing out the cards told us they wouldn't be usable until Feb. 1 when the trial started.

At the ticket window, however, where I loaded up my card with a $20 bill — one of the new polymer jobbies; paper's disappearing everywhere — I was assured, correctly as it turned out, that I could tap and go right away.

I tapped, I went, I liked.

As a former ticket user, I'd been given an immediate upgrade, now allowed boarding by the side doors instead of relying on the driver to double as cashier up front. Tapping my Presto card and getting the welcoming bleep from the reader also felt like a parting of the velvet rope.

The first time aboard, I wasted time getting my card out. The driver advised me I could just tap my whole wallet against the reader, and … Presto! Variations on this same time-saving trick could also be pulled off by keeping your card in the outer pocket of a backpack, or even your back pocket — just tap your butt on the reader and go.

On another trip, still getting the hang of things, I hesitated a couple of seconds habitually waiting for a transfer to print out. Transfer times are automatically added by Presto when you tap, and Transpo 5-0's finest will be verifying payment with portable card readers.

After some hiccups, the first test group of 1,000 Presto users experienced 98 per cent reliability, according to OC Transpo. Now 12,000 more riders (and roughly twice that many feet) will starting kicking the tires on this system we've heard so much about and paid so much for. Let's put a little weight on it, our groceries and strollers and promises not to be late for work again this week.

Will Presto's name become a benediction or a curse on our chapped lips? It's time to start finding out.

Ice jump gets frosty reception

EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kiev, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day. **THE ASSOCIATED PRESS**

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. **METRO**

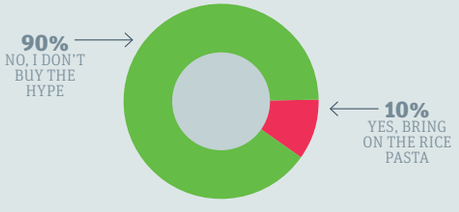
Online

Watch the video at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?



Twitter

@YaDarin:
Oh great. A blizzard in Ottawa. I'm inside and I can hear the snowstorm

@aradwanski:
The requisite shawarma stop before leaving town is my favourite thing about Ottawa.

@kaydeemuskoka:
Wondering how I am going to get my skates from Huntsville to Ottawa in order to skate the #rideaucanal this winter

@Matt_Carlson72:
NHL is back, sorry to tell you all but the Ottawa Senators are gonna win the cup... #sens

@felikadar:
Thank god Ottawa has heated bus shelters!

@JeenaBobeena:
It's a blizzard in Ottawa!! Definitely pho weather...#yummyinmytummy

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"

Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told Vulture, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"'Sam, You Piece of Sh—.' Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

YOU COULD WIN
A PASS FOR TWO TO SEE
WARM BODIES
VISIT clubmetro.com TO ENTER
HE'S STILL DEAD BUT HE'S GETTING WARMER
WARM BODIES
IN THEATRES FEBRUARY 1ST
YOU COULD ALSO WIN
A TRIP FOR TWO TO A SUNNY DESTINATION FOR YOU AND YOUR WARM BODY OR A PRIVATE SCREENING FOR TWO AND COMPLETE HIS AND HERS OUTFITS COURTESY OF ROOTS!
CONTEST PARTNERS:
Roots
Itravel2000.com
gennext
Yogurty's
Jamba Juice
SUMMIT
eone entertainment
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter.

Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

Daniel Radcliffe

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his Kill Your Darlings co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting cosy and even sharing a kiss with Darke, according to People magazine.

One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while but have been debating going public."

Britney Spears

Britney out of the loop on her break up

Reports that Britney Spears' split from ex-fiancéé Jason Trawick was "mutual" have apparently been greatly exaggerated, as sources tell Us Weekly that the singer was completely blindsided by the news.

"He had been planning to break up with her for months," one source tells the magazine, while another adds, "Everyone knew Jason was leaving her but Britney. She's in la-la land."

Twitter

@MalinAkerman
At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth
When does the gurgling, nasuea end.

@EmWatson
Rooney Mara seems so cool. #vogue

@SethMacFarlane
If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on
Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts
Going to the playground isn't an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books
Cuddling up with your kids to read books is a great way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. NEWS CANADA

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON
Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy
Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right
With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself
While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.

Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book. ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six- and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups — notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

Master soft skills in the modern market

It doesn't have to be so hard. Embracing your aptitude for writing, speaking and listening is as important as honing your craft

YLVA VAN BUUREN
careerbear.com

Quit barking over your work buddies and take a moment to lend them your ear. ISTOCK

OK, you know there are certain tangible skills — called hard skills — you need to do any job.

But there's also a huge need today for soft skills, says Sandra Boyd, principal of career solutions with Knightsbridge, a human capital solutions firm. She says everyone needs to engage effectively with customers, clients or colleagues across an organization.

Soft skills refer to the personal qualities, habits, attitudes and even manners that you bring to the workplace. Companies value soft skills and often see them as just as important to job performance as hard skills.

Oral and written communication

Whether your job requires you to write short memos or lengthy reports, it's important to explain your ideas and projects clearly. And your spelling and grammar must be impeccable! Presentation skills — formal and informal — are also critical. At the same time, you need good oral communication skills too. "You need to be able to communicate across the organization and present information," says Boyd.

Listen up

Good listening skills make you more productive and help you get along with others. Listening also shows depth of understanding, friendliness and respect for feelings — and that's important too. How do you learn to listen? Stop talking and/or taking over discussions.

Networker extraordinaire

Networking is key in today's workplace — within the company you work for as well as outside. Networking is about building mutually beneficial relationships and talking to people about topics that are of interest to both of you.

"One of the things we do regularly with people either going through a career transition or being coached is help them develop those interpersonal skills," says Boyd. The network you build will help you throughout your working career.

Loud and clear

> **"You need to be able to communicate across the organization and present information."**
>
> Sandra Boyd
> Principal of career solutions with Knightsbridge

Team player

Lone wolves need not apply. That's a standard approach these days in hiring circles. And it doesn't take research to show how important it is for employees to work cooperatively with others and to contribute to the group with ideas and effort.

Stay current

Nothing dates a person faster than a flip-phone or no cellphone at all. Keeping up-to-date with technology is important, whether it's using a smartphone or knowing how to use Outlook Calendar.

At the same time, employers increasingly use social media such as LinkedIn to gather information about potential employees — and they may not take you seriously if you aren't there, says Boyd.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

COLLEGE DIPLOMAS IN HEALTH CARE!

CLASSES STARTING MONTHLY

Fitness and Health Promotion
Medical Office Assistant
Personal Support Worker
Pharmacy Technician
Pharmacy Assistant - NEW PROGRAM

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

Become a Health Industry Professional!

Community Service Worker with CO-OP
46 Week Diploma Program

Program starts every 6 weeks. Job opportunities as: addictions worker, group home support worker, community service worker, women's shelter worker, corrections facility professional, youth worker, women's centre coordinator, counselor.

WILLIS COLLEGE OF BUSINESS, HEALTH AND TECHNOLOGY
Over 110 Years of Career Training Excellence!

Ottawa • 613-233-1128 • williscollege.com
Other Campus: Smiths Falls

The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Graham Hawryluk PROVIDED

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

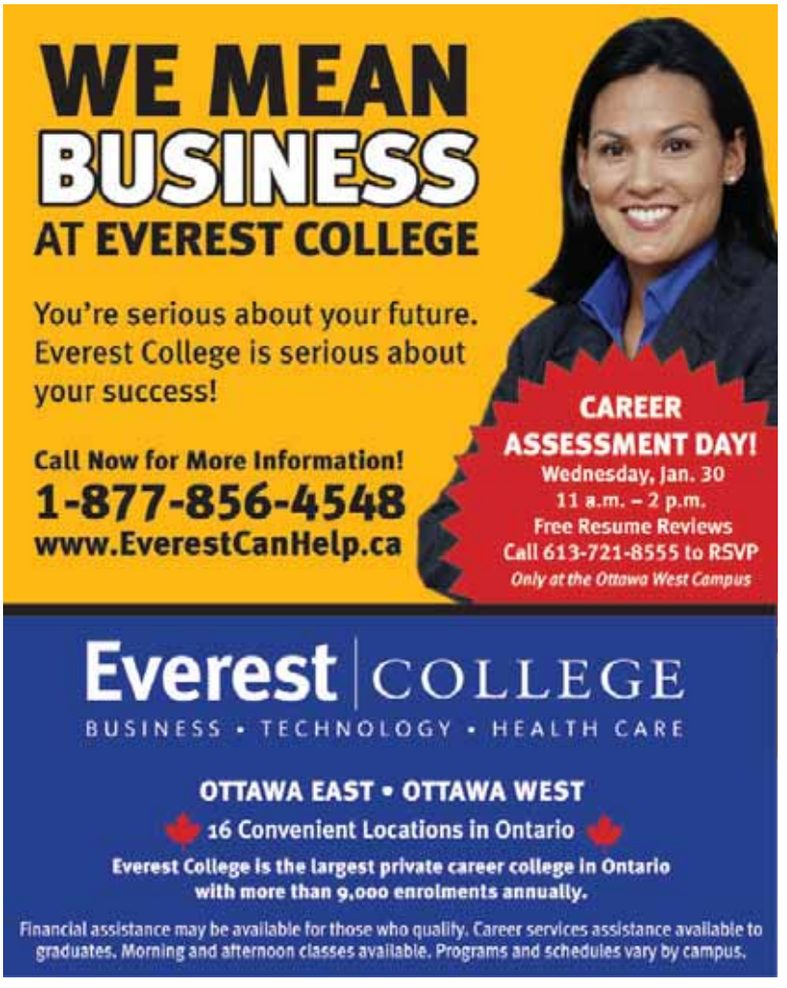
There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

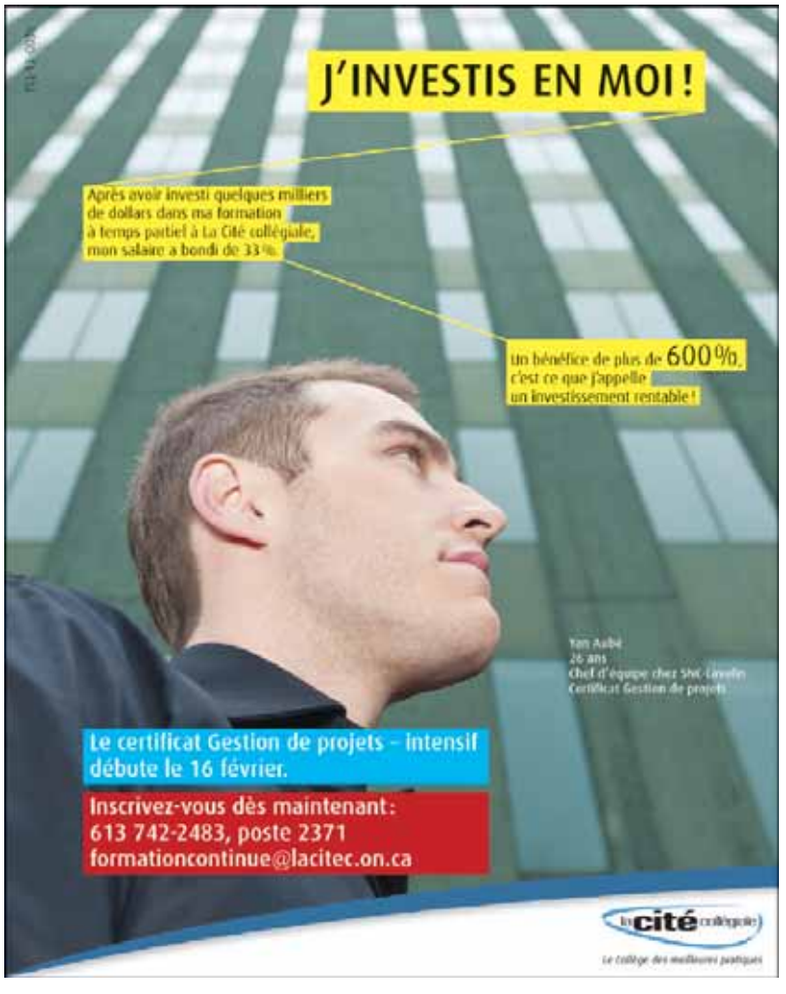
Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.


WE MEAN BUSINESS
AT EVEREST COLLEGE
You're serious about your future. Everest College is serious about your success!
Call Now for More Information!
1-877-856-4548
www.EverestCanHelp.ca
CAREER ASSESSMENT DAY!
Wednesday, Jan. 30
11 a.m. – 2 p.m.
Free Resume Reviews
Call 613-721-8555 to RSVP
Only at the Ottawa West Campus
Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.
Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.


J'INVESTIS EN MOI !
Après avoir investi quelques milliers de dollars dans ma formation à temps partiel à La Cité collégiale, mon salaire a bondi de 33 %.
un bénéfice de plus de 600 %, c'est ce que j'appelle un investissement rentable !
Yan Aubé
26 ans
Chef d'équipe chez SNC-Lavalin
Certificat Gestion de projets
Le certificat Gestion de projets – intensif débute le 16 février.
Inscrivez-vous dès maintenant :
613 742-2483, poste 2371
formationcontinue@lacitec.on.ca
la cité collégiale
Le collège des meilleures pratiques

Do you have dust mite
ALLERGIES?

We are conducting a Clinical Research Study to evaluate an investigational medication for the potential treatment of Dust Mite Allergy Symptoms

Please call if you are 18-55 years of age, and wish to find out if you qualify for this study

Up to $3150 compensation provided upon study completion.

For more information please contact us at:
Ottawa Allergy Research
613-725-2102 ext. **248**

E-CIGZ CAN HELP YOU QUIT SMOKING

COMPANY BOASTS THOUSANDS OF SUCCESS STORIES

Sean SonHing, president of Electronic-cigz.com, started his journey into the world of vaping more than four years ago in hopes of finding something that would finally help him quit smoking.

As a 20-year cigarette smoker of a pack a day, SonHing assessed the harm of cigarettes and desperately wanted to quit. After trying every method, he didn't find anything that worked for him.

In 2008, SonHing purchased his first electronic cigarette kit from China and was amazed at how the vapour produced and emulated smoking. He had finally found something that helped him quit. When vaping an e-cig, his cravings were satisfied and he was still able to enjoy the physical sensations of inhaling and letting out plumes of vapour.

After months of satisfaction, SonHing researched the market and started a company to help other smokers looking for solutions — but he wanted to offer the best.

Research shows that the most important component for the best quality and safety is in the type of e-liquid used in the device.

In 2009, e-cigz was the first in the market to offer electronic cigarette kits with 100 per cent U.S.-made liquid.

E-cigz holds strong to its original standards of offering U.S.-made, Crystal E-Liquid and pairs this with the highest-quality hardware in the market.

SonHing believes in the effectiveness and health benefits of these products and is passionate about offering them to smokers who have tried all means of quitting without success. E-cigz has thousands of satisfied customers across the world who have had similar success stories with their e-cigz.

ISTOCKPHOTO/THINKSTOCK

LACE 'EM UP TO KICK THE HABIT

With the start of a new year comes the opportunity to begin afresh with new resolutions and new routines in place of old. For many smokers, this means a chance to toss their ashtrays and begin their year as a non-smoker. Indeed, when asked, more than half of current Canadian smokers indicate that they intend to quit within the next six months, according to the Canadian Tobacco Use Monitoring Survey, 2010.

However, while the majority of people who smoke want to quit, it takes most people between five and seven attempts before they beat the addiction for good.

Some research has shown that running can help about 25 per cent of smokers successfully quit smoking compared with only four per cent who try quitting cold turkey.

The Canadian Cancer Society and Running Room Canada have teamed up to help the five million Canadians who still smoke by launching Run to Quit, an innovative quit smoking program that uses running as a means to quit smoking. Run to Quit clinics will be held from April until June at the Bank Street Running Room in Ottawa and will also be available to all Canadians online at runtoquit.com.

Participants will receive education, resources and support from Run to Quit coaches; a gentle running program that will teach participants how to run/walk five kilometres by the end of 10 weeks; plus additional support from the Canadian Cancer Society's Smokers' Helpline.

Register today at runtoquit.com or call Smokers' Helpline at 1-877-513-5333 for support to quit smoking.

electronic-cigz.com
The Ultra Smart Smoking Alternative

- Canada's oldest and most trusted Electronic-Cigarette supplier
- Premium brands
- High-quality E-Cig models
- Canada's largest selection of E-Cig Equipment, Liquid, and Accessories
- Premium 100% US-made E-Liquid

PowerPal Disposable E-Cigarette
PowerPal eGo Stardust Blister Pack
Crystal Herbals

Free Shipping Orders Over $50.00!
Use coupon code: ONT-ECIGZ
To Order: Webstore: www.electronic-cigz.com
Toll-Free: 1-855-807-2881
Guelph Location Grand Opening: February 1st

RUN TO QUIT

I AM A SMOKER WHO WANTS TO QUIT!
So you want to be a quitter? Take a step in the right direction with the revolutionary Run to Quit program.
Run to Quit combines the proven run/walk training program developed by Running Room founder and former smoker John Stanton, with personalized support from the Canadian Cancer Society's Smokers' Helpline.
If you want to quit, chances are a non-smoking friend or family member feels just as strongly. Get them to sign up along with you for support and to help keep you on track.

I WOULD LIKE TO HELP SOMEONE QUIT SMOKING!
Do you have a friend or family member who wants to quit? It's time for you to be the support figure they need to make some positive changes in their life. Be a "Quit Buddy." Sign-up for the Run to Quit training program along with that hopeful quitter!
Run to Quit combines the proven run/walk training program developed by Running Room founder and former smoker John Stanton, with personalized support from the Canadian Cancer Society's Smokers' Helpline.

REGISTER NOW!
Presented by: Canadian Cancer Society / Société canadienne du cancer
Running Room
WWW.RUNTOQUIT.COM

LIVE, WORK, AND PLAY … SMOKE-FREE

COMSTOCK IMAGES/THINKSTOCK

Smoke-free places help protect people from second-hand smoke, prevent smoking uptake and help support individuals trying to quit smoking and stay smoke-free.

In Canada, the wave that brought smoke-free workplaces at the start of millennium changed the way we view smoking and highlighted the impact our everyday environment has on our health. Now, indoor and outdoor environments are recognized for their impact on health: Many places are implementing smoke-free parks and beaches and families are making their homes smoke-free … with strong support from family members who smoke.

Tobacco addiction is powerful. For the average Canadian who smokes, taking a drag off their cigarette will be their most common behaviour on any given day (other than blinking). This is why it's so important to provide support when creating smoke-free spaces — otherwise, those who smoke will just experience frustration and disappointment.

Establishing smoke-free places, whether as a family, a community, an organization or through government legislation and policy, creates one component of a comprehensive tobacco control strategy that sets the stage for a healthier Canada.

Tobacco is truly a "buy now, pay later" product.

It is well-established that the deadliest health consequences from smoking occur years after a person starts smoking. But even those who started smoking recently are more prone to respiratory problems and infections, and require more sick days. For those considering surgery, smoking also complicates the healing process.

There are hundreds of organizations, health units, health authorities and individuals who use National Non-Smoking Week as an opportunity to support those who are trying to break their addiction to tobacco products and live a smoke-free life.

Quitting takes practice, so practice often. It's worth it when you are able to live, work and play smoke-free.

– Bob Walsh, executive director, Canadian Council for Tobacco Control

TRY HAPPY VAPER AS AN ALTERNATIVE

Happy Vaper is Canada's largest supplier of electronic cigarettes and accessories. The company introduced high-quality electronic cigarettes to Canada in early 2009 and its exclusive agreements with top e-cig manufacturers, along with exceptional customer service has given Happy Vaper international recognition. Jack Weinberg, founder of Happy Vaper, discusses why his company and its support staff are leaders in the e-cig industry.

WHAT IS AN ELECTRONIC CIGARETTE?

E-cigs are electronic devices that use heat to vaporize a flavoured liquid into a mist, simulating the experience of smoking without actual combustion. E-cigs don't produce the carbon monoxide, tar and other chemicals associated with burning tobacco. While some choose to use electronic cigarettes with nicotine, the government's guidelines restrict the sale of products for that purpose. Clinical trials are required to make "quit smoking" or health claims, so Happy Vaper does no such thing. Weinberg says he is lucky to have such a strong grass-roots movement supporting his company in Canada.

WHY SHOULD I USE AN E-CIG?

Customers appreciate the lack of a lingering cigarette smell, cost savings, no longer standing in the cold or rain, and the delicious flavours, which make vaping an enjoyable alternative.

WHY HAPPY VAPER?

There are a multitude of e-cig devices on the market in varying shapes and sizes with a wide range of build-quality and performance. It can be difficult to find e-cigs that work well.

"Often, customers are disappointed after having tried a variety store device," Weinberg says. Happy Vaper focuses on research and testing to make sure it provides the highest quality and up-to-date products. The right choice of equipment to match your needs and lifestyle can make all the difference.

Weinberg recommends seeking expert advice before purchasing.

Those with a quick question, or who can't visit in-person, may take advantage of Happy Vaper's web-chat, operated exclusively by passionate vapers with years of experience.

Feel free to chat with Happy Vaper at happyvaper.com or visit the warehouse location at 112 Basaltic Rd., Unit 6, Concord, Ont.

For more information, email info@happyvaper.com or call 1-888-696-3697.

REDDS™, the top performing mini electronic cigarette on the market, exclusively available from
happyvaper.com
National Non-Smoking Week Promotion:
20% OFF
REDDS™ Starter Kit and Options
Coupon Code: NOSMOKE2013
www.happyvaper.com

Cut the fat with garlicky, spicy Potato Wedge Fries

This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

ROSE REISMAN
for more, visit
rosereisman.com

These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

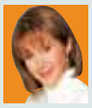
4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat
Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.

Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat
This may not be nutritious, but in terms of calories and fat it's a much better choice.

Raclette is the new fondue — perfect for casual parties

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette (the name of both the cheese used and the overall dish) is grilled or broiled, rather than cooked in a pot.

Typically, raclette is melted in individual portions using a special raclette grill. The cheese is then scraped onto a person's plate over a serving of boiled potatoes, pickled onions and gherkins or cornichons.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. While the potatoes are cooking, start the vegetables. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS

4 SPORTS

Figure skating

Virtue and Moir claim another ice-dance title

Tessa Virtue and Scott Moir captured their fifth national ice dance title at the Canadian figure skating championships on Sunday.

The two-time world champions and Olympic gold medallists scored 187.23 overall, and their dramatic and sultry "Carmen" free dance brought the capacity crowd of nearly 4,500 fans at the Hershey Centre in Mississauga, Ont., to its feet. THE CANADIAN PRESS

Tessa Virtue and Scott Moir celebrate winning gold on Sunday in Mississauga, Ont. THE CANADIAN PRESS

Australian Open

Djokovic withstands five-set challenge from Wawrinka

Novak Djokovic held off a valiant Swiss player for a five-hour, five-set victory Sunday night, extending his winning streak to 18 matches at the Australian Open and then ripping off his shirt to celebrate.

The big surprise: It was a fourth-round match against Stanislas Wawrinka of Switzerland, not Roger Federer.

Djokovic edged the 15th-seeded Wawrinka 1-6, 7-5, 6-4, 6-7 (5), 12-10 in a momentum-swinging marathon, cashing in on his third match point to reach the quarter-finals for a 15th consecutive major tournament. THE ASSOCIATED PRESS

Linebacker Patrick Willis celebrates after the San Francisco 49ers' 28-24 win over the Falcons on Sunday in Atlanta. CHRIS GRAYTHEN/GETTY IMAGES

New-look 49ers book spot in Super Bowl

NFL. Defence gives San Fran chance to rally to biggest comeback ever in NFC title game

Make way, Joe Montana and Steve Young. Colin Kaepernick is leading a brash new group of 49ers to the Super Bowl.

Frank Gore scored a pair of second-half touchdowns and San Francisco, after falling behind 17-0 by the first play of the second quarter, pulled off a record rally for a 28-24 victory over the Atlanta Falcons in the NFC championship game Sunday.

Helped by the defence in the final minutes, Kaepernick didn't put up the same dazzling numbers he did in the divisional playoff against Green Bay. But he was solid enough to justify coach Jim Harbaugh's decision to bench Alex Smith and go with the youngster.

San Francisco (13-4-1) moves on to face the Baltimore Ravens in two weeks, looking to join Pittsburgh as the only franchises with six Super Bowl titles. It will be a brother-vs.-brother matchup, since John Harbaugh coaches the Ravens, who topped New England 28-13 in Sunday's AFC championship.

"This is what we play for. We play for this moment," 49ers tight end Vernon Davis said. "We put in all the hard work and get the opportunity to play on the big stage. So, it's not about me. It's all about the team."

Quoted

"Against a good team, you can't have those kinds of mistakes."

Falcons quarterback Matt Ryan, who threw an interception, then bobbled a snap that led to a turnover in the second half Sunday.

Montana led the 49ers to four Super Bowl wins and Young took them to No. 5. It's up to Kaepernick to get No. 6 when the 49ers play in the NFL title game for the first time since 1995.

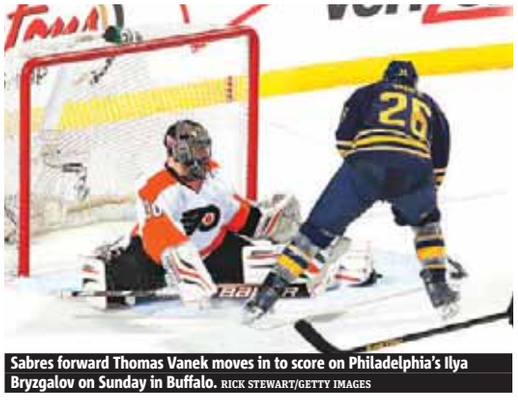
The top-seeded Falcons (14-4) tried to pull out another season-saving drive at the end, but Matt Ryan's fourth-down pass for Roddy White with 1:13 remaining was knocked down by San Francisco linebacker NaVorro Bowman.

The victory was sweet redemption for the 49ers, who lost an overtime thriller to the New York Giants a year ago in the NFC title game.

The 49ers pulled off the biggest comeback victory in an NFC championship game, according to STATS. The previous NFC record was 13 points — Atlanta's victory over Minnesota in the 1999 title game, which sent the Falcons to what remains the only Super Bowl in franchise history.

In the AFC, the record is 18 points, when Indianapolis rallied New England in 2007. THE ASSOCIATED PRESS

Vanek leads charge as Sabres top Flyers



Sabres forward Thomas Vanek moves in to score on Philadelphia's Ilya Bryzgalov on Sunday in Buffalo. RICK STEWART/GETTY IMAGES

A nine-month layoff, courtesy of the NHL lockout, wasn't enough to disrupt the chemistry of the Buffalo Sabres' top two linemates, Thomas Vanek and Jason Pominville.

Vanek scored twice and added three assists, and Pominville had three assists in leading the Sabres to a 5-2 season-opening win over the Philadelphia Flyers on Sunday afternoon.

"Ah, they spent a lot of years playing together. You go all the way back to their days in Rochester," coach Lindy Ruff said, referring to the two playing together in the AHL in 2004-05. "Those two guys are a little bit like glue."

They sure stuck it to the Flyers as the Sabres scored the game's final four goals — the last three coming in the final five minutes.

"Good linemates," Vanek said of his career-best outing. "And a little bit lucky at the same time."

He became the first Sabre with five points in a game since Drew Stafford had three goals and two assists in January 2008.

Vanek tied it 2-2 by scoring on a breakaway with 4:06 left in the second period. He then had a hand in setting up defenceman Tyler Myers' go-ahead goal with 5:03 remaining. THE ASSOCIATED PRESS

Flames stumble in opener

Patrick Marleau scored a pair of goals Sunday to lead the San Jose Sharks to a 4-1 win over the Calgary Flames in the season-opener for both clubs.

- Martin Havlat and Dan Boyle also scored for the Sharks during a three-goal burst in the second period at Scotiabank Saddledome.
- Lee Stempniak replied for Calgary.

THE CANADIAN PRESS

Lakers point guard Steve Nash looks to pass inbounds against the Raptors on Sunday at Air Canada Centre. Nash's first season in Los Angeles has fallen way short of expectations, with the Lakers sitting outside the playoffs at 17-23 after Sunday's 108-103 loss. RENE JOHNSTON/TORSTAR NEWS SERVICE

Nash sees big picture amidst L.A. struggles

NBA. Canadian star finding his game after disappointing start to season with Lakers

Steve Nash took a pass at the high post, streaked past a couple Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal.

Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me especially if the Lakers situation didn't happen," Nash said Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

At 38, Nash is getting on in years but he's in tremendous shape and is showing no signs of slowing down.

He missed 24 games this season due to a fracture in his left leg but has been effective since his return. Nash scored 16 points and added nine assists Sunday but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season.

They've had three different head coaches this season. The roster is loaded with superstars like Nash, Kobe Bryant, Pau Gasol and Dwight Howard but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

Sunday's game

Raptors	Lakers
108	103

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

Dino delivers

Calderon steals show from Lakers in Toronto

After letting two games slip away in overtime, Jose Calderon and the Toronto Raptors closed one out Sunday.

Calderon had 22 points and nine assists to lead Toronto to a 108-103 win over the Los Angeles Lakers. The victory snapped a four-game losing streak for the Raptors.

"It was good," Calderon said. "We led a couple of games with big leads and it was just us.

"It's just some mental mistakes and things we do, but we have to keep competing. We can compete against everybody in this league, but we have to do it for 48 (minutes)."

Calderon was 9-for-15 from the field and 1-for-4 from three-point range, often with Lakers star Kobe Bryant in his face.

"He (Bryant) is a great all-around player, he can play really good defence," Calderon said.

THE CANADIAN PRESS

Ottawa camp last look ahead of women's worlds

The national women's hockey team camp starting Monday in Ottawa is head coach Dan Church's last look at players before he names his world championship team.

Ottawa is the host city of the 2013 women's world championship from April 2-9 at SBP Arena and the Nepean Sportsplex. The Canadian women will attempt to defend the gold medal they won in 2012 in Burlington, Vt.

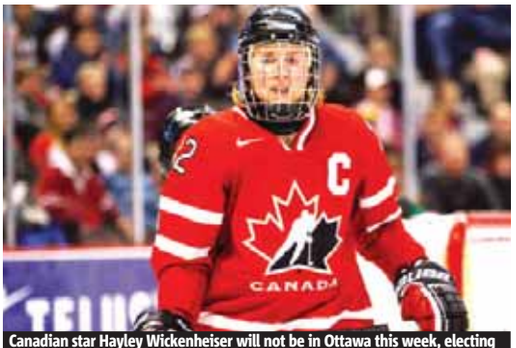
Church says he will name the players he wants to try out for the 2014 Olympic team shortly after the world championship.

Three goaltenders, seven defenders and 13 forwards will hit the ice Monday at Carleton University for a five-day camp.

Captain Hayley Wickenheiser will not be among them because of school commitments at the University of Calgary.

"For Wick, it was school," Church said. "She's closing in on the end of her academic undergrad degree. We talked about it. She wanted to come. I said 'if it's too much stress and pressure, why don't you stay?' She's in a good club environment there in Calgary."

Wickenheiser plays for the University of Calgary Dinos and gets regular practices and games, the coach pointed out.



Canadian star Hayley Wickenheiser will not be in Ottawa this week, electing instead to continue her studies at the University of Calgary. PHILLIP MACCALLUM/GETTY IMAGES FILE

Quoted

"It's definitely an opportunity to polish up some of our tactical play five-on-five and specialty teams."

Canadian women's coach Dan Church on his goals going into this week's camp in Ottawa

All but one of the players invited to the Ottawa camp play in the Canadian Women's Hockey League.

The practice and game schedules of the CWHL players are more erratic than those of the players in school, which is why so many CWHL players have been summoned to Ottawa, says Church. He also didn't want to pull his college and university players out of school and interrupt their studies at this time.

"We want to continue with our skill development, work on the fine skills and the technical aspects of the game," he said. "That's definitely a goal for this camp.

"Whenever they come together in a camp, we're always looking at evaluation and this will be our last opportunity to see people together before we name the worlds team in March."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	13	.658	1
Indiana	25	16	.610	2½
Brooklyn	24	16	.600	3
Chicago	23	16	.590	3½
Atlanta	22	18	.550	5
Milwaukee	21	18	.538	5½
Boston	20	19	.513	6½
Philadelphia	17	23	.425	10
Toronto	**15**	**26**	**.366**	**12½**
Detroit	14	25	.359	12½
Orlando	14	26	.350	13
Charlotte	10	30	.250	17
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	8	.800	—
L.A. Clippers	32	9	.780	½
San Antonio	32	11	.744	1½
Memphis	26	13	.667	5½
Golden State	24	15	.615	7½
Denver	24	18	.571	9
Utah	22	19	.537	10½
Portland	20	20	.500	12
Houston	21	21	.500	12
Minnesota	17	20	.459	13½
Dallas	18	24	.429	15
L.A. Lakers	17	23	.425	15
Sacramento	16	25	.390	16½
New Orleans	13	27	.325	19
Phoenix	13	28	.317	19½

Sunday's results
Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Boston at Detroit
Oklahoma City at Denver
Saturday's results
Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1. Totals 38-88 18-21 103.
TORONTO (108)
Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers	**20**	**29**	**21**	**33 —103**
Toronto	**29**	**24**	**30**	**25 —108**

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhon 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).
Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhon 2, Howard 2, Nash 1, Sacre 1). Toronto 40 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1). **Assists**—L.A. Lakers 20 (Nash 9). Toronto 27 (Calderon 9).
Total Fouls—L.A. Lakers 15, Toronto 22.
Attendance—19,800 at Toronto. T—2:15

GOLF

PGA — HUMANA CHALLENGE

At La Quinta, Calif.
Par 72
Final round

Brian Gay, $1,008,000	67-66-67-63—263
Charles Howell III, $492,800	67-65-67-64—263
David Lingmerth, $492,800	68-64-69-62—263
James Hahn, $246,400	63-67-72-62—264
Scott Stallings, $246,400	66-65-63-70—264
Also:	
Stephen Ames, $22,400	**67-68-68-68—271**
Brad Fritsch, $11,424	**69-65-71-70—275**
Graham DeLaet, $11,424	**71-70-65-69—275**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results
NFC — San Francisco 28 Atlanta 24
AFC — Baltimore at New England

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern
At New Orleans, La.
AFC champions vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	1	1	0	0	3	1	2
New Jersey	1	1	0	0	2	1	2
NY Islanders	1	0	1	0	1	2	0
NY Rangers	1	0	1	0	1	3	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Boston	1	1	0	0	3	1	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	1	1	0	0	6	3	2
Washington	1	0	1	0	3	6	0
Winnipeg	1	0	1	0	1	4	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	1	1	0	0	6	0	2
Chicago	1	1	0	0	5	2	2
Columbus	1	1	0	0	3	2	2
Nashville	1	0	0	1	2	3	1
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	1	1	0	0	4	2	2
Edmonton	0	0	0	0	0	0	0
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0
Vancouver	1	0	1	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	1	1	0	0	4	3	2
Phoenix	1	0	1	0	3	4	0
Los Angeles	1	0	1	0	2	5	0

Sunday's results
Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh at NY Rangers
Dallas at Minnesota
Edmonton at Vancouver
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

Taurus
April 21 - May 21
Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

Gemini
May 22 - June 21
There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

Cancer
June 22 - July 23
Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

Leo
July 24 - Aug. 23
There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

Virgo
Aug. 24 - Sept. 23
It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

Libra
Sept. 24 - Oct. 23
You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

Scorpio
Oct. 24 - Nov. 22
Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

Sagittarius
Nov. 23 - Dec. 21
You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

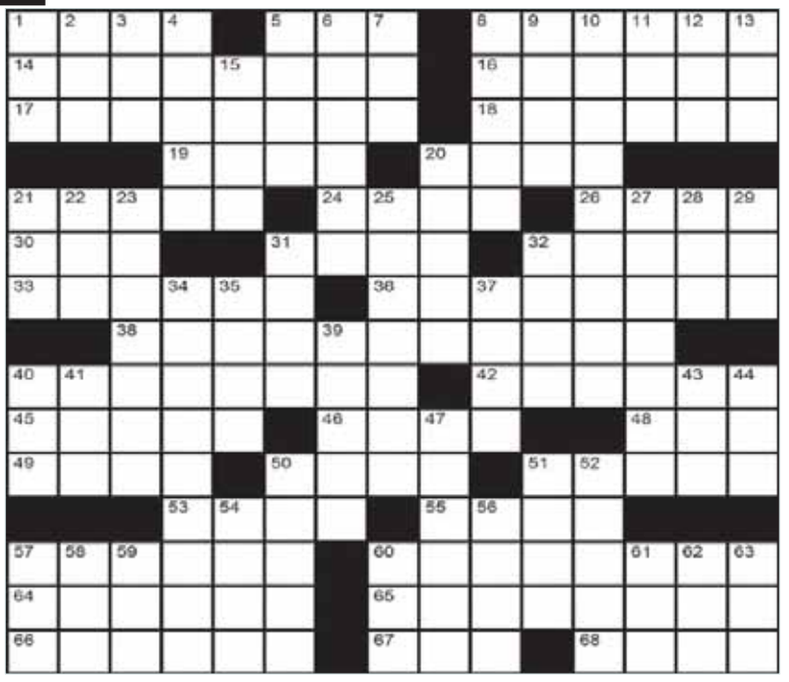
Capricorn
Dec. 22 - Jan. 20
Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

Aquarius
Jan. 21 - Feb. 19
The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

Pisces
Feb. 20 - March 20
You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. SALLY BROMPTON

Crossword: Canada Across and Down

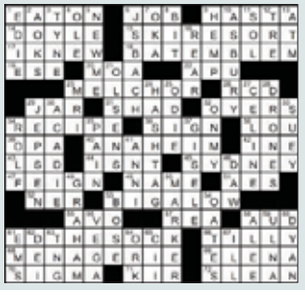
BY KELLY ANN BUCHANAN



Across
1. "Mr. Holland's __" (1995)
5. Son of Atticus in To Kill a Mockingbird
8. CBC series, "__ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. __ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. _ __ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim __
33. Switch sort
36. Newfoundland and __
38. Barenaked Ladies tune: 4 wds.
40. __ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "__ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy __
53. Unruly crowds
55. Zen riddle
57. Puccini opera, __ Butterfly
60. Canadian puppets, Casey and __
64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape

Down
1. Mantric syllables
2. "Heart and Soul" by T'__
3. Vase
4. Sashay
5. Stewart and Lovitz
6. "The Great __" (1963)
7. Ms. West
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 __
11. Boxing stat.
12. "Canada AM" co-host, Marci __
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love __"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack __
51. Canadian writer Mr. Martel
52. _-__-to-know basis
54. Mr. Sharif
56. "Don't bet __!": 2 wds.
57. Montreal Mrs.
58. __-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

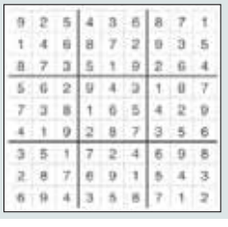
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



	3		8		2		4	
6			1		5			9
	7			9			3	
		8				4		
4	6						2	1
		7				5		
	9			6			1	
1			2		9			3
	2		3		7		5	

Today -17°/-26° Partly cloudy
Tuesday -19°/-29° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

Get back on your financial feet
AVOID BANKRUPTCY
Stop Interest • Stop Penalties • Stop Legal Actions
Let us consolidate your debt and make ONE low payment!
J. WEBB & ASSOCIATES Trustee In Bankruptcy
1140 Morrison Drive, Suite 210
613.820.2100
1.866.539.3328
jwebbtrustee.com
The financial problem-solvers

NEED A RIDE?
Read metrodrive every Wednesday.

MEGA AUTOMOBILE

MITSUBISHI MOTORS

THE AUTOMOBILE SUPERSTORE!

UP TO 800 QUALITY USED VEHICLES
LOWEST PRICES GUARANTEED!

NO ADMIN FEE, NO DELIVERY FEE, SAFETY & E-TEST AT NO EXTRA CHARGE!

12 Tribeca AWD
- Loaded, A/C, Auto
- st: 34459
- km: 9731

$32,840
$248*** Bi-weekly

08 Santa Fe GLS AWD
- Loaded, A/C, Auto
- st: 34319
- km: 91721

$13,940
$147* Bi-weekly

10 Toyota RAV4 4WD
- Loaded, A/C, Auto
- st: 34484
- km: 40240

$20,860
$180** Bi-weekly

08 Patriot Sport 4WD
- Loaded, A/C, Auto
- st: 34632
- km: 108594

$10,970
$115* Bi-weekly

12 Ford F-150 XLT 4WD
- Flex Fuel, Loaded, A/C
- st: 34611
- km: 30575

$27,850
$210*** Bi-weekly

09 Acura MDX AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 34435
- km: 38157

$29,870
$301* Bi-weekly

11 Honda CR-V LX 4WD
- Loaded, A/C, Auto
- st: 34357
- km: 14374

$22,850
$173*** Bi-weekly

08 Sportage LX 4WD
- Loaded, A/C, Auto
- st: 34307
- km: 98209

$10,870
$114* Bi-weekly

10 Toyota Venza AWD
- Loaded, A/C, Auto
- st: 34607
- km: 87761

$22,650
$195** Bi-weekly

09 Vibe AWD
- A/C, Auto
- st: 12228-A
- km: 95884

$10,780
$113* Bi-weekly

11 Benz E350 AWD
- 4Matic, NAV, Loaded, Lthr, Roo
- st: 33877
- km: 14374

$58,850
$445*** Bi-weekly

11 Gr. Vitara 4WD
- Loaded, A/C, Auto
- st: 33669
- km: 58018

$16,950
$136*** Bi-weekly

11 Durango AWD
- A/C, Auto
- st: 33712
- km: 24686

$29,830
$225*** Bi-weekly

08 Ford Edge SEL AWD
- Loaded, A/C
- st: 34136
- km: 79226

$16,880
$178* Bi-weekly

12 Volvo XC60 AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 34572
- km: 21839

$39,850
$301*** Bi-weekly

12 Colorado 4WD
- Loaded, A/C, Auto
- st: 34139
- km: 17835

$27,850
$210*** Bi-weekly

09 Murano SL AWD
- Loaded, A/C
- st: 34469
- km: 86683

$18,970
$200* Bi-weekly

11 Outback AWD
- Premium, Loaded, A/C, Auto
- st: 34241
- km: 60592

$24,850
$188*** Bi-weekly

08 Infiniti EX35 AWD
- Loaded, A/C, Lthr, Roof
- st: 33822
- km: 105315

$18,880
$199* Bi-weekly

11 Pathfinder 4WD
- Loaded, A/C, Auto
- st: 34314
- km: 41002

$25,980
$196*** Bi-weekly

09 Impreza AWD
- Loaded, A/C, Auto
- st: 34447
- km: 89932

$12,950
$136* Bi-weekly

12 Sequoia SRS 4WD
- Loaded, A/C, Roof, Auto
- st: 34140
- km: 24823

$46,850
$354*** Bi-weekly

11 Outlander 4WD
- Loaded, A/C, Auto
- st: 33520
- km: 32780

$21,850
$165*** Bi-weekly

08 LandRover LR2 4WD
- SE, Loaded, A/C, Auto
- st: 32103
- km: 82605

$19,800
$208* Bi-weekly

11 Tundra LTD 4WD
- iForce, Loaded, A/C, Lthr
- st: 34456
- km: 61155

$37,880
$286*** Bi-weekly

10 Forester AWD
- Loaded, A/C, Auto
- st: 33139
- km: 62998

$21,980
$189** Bi-weekly

08 Rogue AWD
- Loaded, A/C, Auto
- st: 34441
- km: 100451

$13,470
$142* Bi-weekly

08 Sierra 1500 4WD
- Loaded, A/C, Auto
- st: 33210
- km: 52992

$23,980
$242* Bi-weekly

09 Accord LX
- Loaded, A/C, Auto
- st: 33975
- km: 69018

$15,880
$167* Bi-weekly

08 Benz C230 AWD
- 4Matic, Loaded, Roof, Lthr
- st: 34149
- km: 43035

$25,980
$262* Bi-weekly

11 Dodge Ram 1500 4WD
- Hemi, Loaded, A/C
- st: 34428
- km: 44586

$25,980
$196*** Bi-weekly

07 LandRover LR3 4WD
- V8HSE, NAV, Roof, Lthr
- st: 33567
- km: 56440

$26,870
$271* Bi-weekly

09 Liberty Sport 4WD
- Trail Rated, Loaded, A/C
- st: 34488
- km: 67938

$14,980
$158* Bi-weekly

12 Ridgeline RTL 4WD
- NAV, Loaded, Camera Roof, Lth
- st: 34515
- km: 14164

$36,840
$278*** Bi-weekly

12 Surburban 1500 4WD
- Loaded, A/C
- st: 33709
- km: 27634

$35,830
$271*** Bi-weekly

08 Mazda CX-7 AWD
- Loaded, A/C
- st: 34059
- km: 64801

$15,650
$165* Bi-weekly

11 Traverse LS AWD
- Loaded, A/C
- st: 34390
- km: 48949

$23,890
$181*** Bi-weekly

09 Mazda B4000 4WD
- A/C
- st: 34527
- km: 60233

$14,470
$152* Bi-weekly

08 Compass 4WD
- Loaded, A/C, Auto
- st: 34537
- km: 90551

$11,860
$125* Bi-weekly

11 Mitsubishi RVR AWD
- Loaded, A/C
- st: 34574
- km: 13237

$17,950
$144*** Bi-weekly

11 Escalade EXT AWD
- NAV, Loaded, Roof, Lthr
- st: 34213
- km: 20748

$64,820
$490*** Bi-weekly

08 BMW X3 AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 33285
- km: 51156

$28,650
$289* Bi-weekly

12 Escape LTD 4WD
- Loaded, A/C, Roof, Lthr, Auto
- st: 34294
- km: 44920

$24,980
$189*** Bi-weekly

10 Equinox LS AWD
- Loaded, A/C
- st: 33050
- km: 63009

$17,950
$163** Bi-weekly

09 Benz E300 4WD
- 4Matic, NAV, Loaded, Lthr, Roof
- st: 33686
- km: 46356

$31,840
$321** Bi-weekly

08 Lincoln MKZ AWD
- Loaded, A/C, Roof, Lthr
- st: 33632
- km: 98400

$15,950
$168* Bi-weekly

08 Fusion SEL AWD
- V6, Loaded, A/C
- st: 33092
- km: 98331

$11,940
$126* Bi-weekly

10 Pilot EX 4WD
- Loaded, A/C
- st: 34579
- km: 59491

$27,850
$240** Bi-weekly

ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT? IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO $500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum $20,000) and 7.9% (Minimum $10,000) with $0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for $1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.